

# Diabetes Educational Resources

for Minority  
and Low Literacy  
Populations

Office of Minority Health  
Resource Center  
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Washington, DC 20013-7337



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Coalition for Diabetes Education and Minority Health



# Diabetes Educational Resources for Minority and Low Literacy Populations

A project of the Education Committee of the  
Coalition for Diabetes Education and Minority Health

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- Coalition for Diabetes Education and Minority Health
- Michigan Diabetes Research and Training Center
- Michigan Department of Public Health
- American Diabetes Association, Michigan Affiliate, Inc.

To order additional copies of *Diabetes Educational Resources for Minority and Low Literacy Populations*, please contact:

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## Preface

Information about the print and media materials listed in this resource guide was obtained from a variety of sources. The Education Committee of the Coalition for Diabetes Education and Minority Health collected information about materials, and about health agencies and distributors of materials who were potential sources of information. The National Diabetes Information Clearinghouse, and the Office of Minority Health Resources were particularly helpful. Letters went to each distributor, asking for confirmation of the availability of their listed materials, and for information about any additional materials they might have.

In spite of this rather intense effort, we are aware that useful materials have no doubt been missed. We would appreciate your help in locating these materials, and in providing information that could be included in the next edition of this resource guide. A form for you to use is included at the end of this book.

No attempt has been made to assess the quality of the listed materials. They have been cross-indexed by title and language, and the distributors have been listed. Cost of the materials has not been included, as prices change frequently. Similarly, we have not attempted to cross-index by intended audience, as the information received from distributors was not always clear or explicit. For further information about any listed resource, please contact the distributor.

If you use any of the listed materials, please let us know what you think. A second edition of this resource guide will be produced in the future. If you think any particular resource is especially good—or bad—we will try to incorporate that information.

We hope this resource guide is useful to you in your work as a diabetes educator.

Education Committee of the Coalition for Diabetes Education and Minority Health

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**Diabetes Educational Resources  
for Minority and Low Literacy Populations**

**Media Programs**

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**Title:** *The Adult on Insulin—Injecting Insulin (El Adulto que Utiliza Insulina)*  
**Producer:** Milner-Fenwick, Inc.  
**Publication Year:** 1982  
**Description:** Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 9:40 minutes  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The necessary equipment and procedures for insulin injection are detailed in this presentation designed to familiarize adults with self-injection. Parts of the syringe are described; the importance of a sterile needle and the avoidance of air pockets in the syringe are stressed; guidelines for injection site rotation are given.  
**Distributor:** PATIENTVISION, Milner-Fenwick, Inc.

**Title:** *Aprendiendo a Vivir con la Diabetes (Learning to Live with Diabetes, Part I: Diet and Nutrition)*  
**Producer:** Texas Department of Health  
**Publication Year:** 1986  
**Description:** Slide/tape—75 slides, 1 audiocassette, 1 script; time not listed  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Brief overview of the role of diet and nutrition in noninsulin-dependent diabetes. Management of diabetes, and the basic concepts and skills necessary for its control are explained. Situational photos, caricatures, easy-to-read graphics, and conversational language style are used.  
**Distributor:** Texas Department of Health

**Title:** *Biblioteca de Diabetes en audio cassette Tel-Med (Tel-Med Tape Library: Diabetes)*  
**Producer:** Tel-Med, Inc.  
**Publication Year:** Not listed  
**Description:** Six recorded messages available through dial access in some areas of the United States. 31:00 minutes total. Dial access number: 714-825-7000  
**Target Audience:** General, patient  
**Languages:** English, Spanish  
**Synopsis:** Symptoms and signs of diabetes are reviewed; preventive measures against foot complications are outlined; insulin-dependent diabetes in children is discussed; causes, symptoms, treatment of hypoglycemia and diabetic coma are listed; meal planning with the exchange list system and maintenance of ideal body weight are explained.  
**Distributor:** Tel-Med, Inc.

**Title:** *Como Cuidar su Cuerpo (Taking Care of Your Body)*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 18:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The importance of personal care in the prevention of complications is outlined, including: careful examination of skin, teeth, feet, legs; precautions for avoiding injury or damage; early recognition and treatment of minor injuries; guidelines for sick day care.  
**Related Materials:** Instructor's guide is available.  
**Distributor:** Medcom, Inc.

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**Title:** *Como Reducir el Riesgo de las Complicaciones de la Diabetes (Diabetic Complications: Reducing the Odds)*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 16:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Diabetes is compared to a high-risk game, with diet, medication, and exercise listed as 'three aces.' Complications are described, prevention and treatment emphasized. Eye, kidney, and cardiovascular disease, infection, and neuropathy are covered.  
**Related Materials:** Instructor's guide, patient handouts, performance checklist.  
**Distributor:** Medcom, Inc.

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**Title:** *Complications and Diabetes*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 12:00 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** Overview of diabetes, and its acute and long-term complications. The causes, symptoms, prevention, and treatment of hypoglycemia and ketoacidosis are covered; sick day guidelines are given; microvascular complications, blood vessel disease, nerve damage are discussed.  
**Distributor:** Oracle Film and Video

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**Title:** *Los Consumidores Quieren Conocer sobre la Diabetes (Consumers Want To Know About Diabetes)*  
**Producer:** Walter J. Klein Company, Ltd.  
**Publication Year:** Not listed  
**Description:** Video; 14:05 minutes  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Successful monitoring, testing, and treatment of all forms of diabetes are described. Shows how a frightened man with out-of-control diabetes gains good health, good spirits, and good control of his life.  
**Distributor:** Walter J. Klein Company, Ltd.

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**Title:** *Cooking for a Healthier Heart*  
**Producer:** American Heart Association, San Francisco Chapter  
**Publication Year:** Not listed  
**Description:** Audiovisual  
**Languages:** Pilipino (Tagalog). (English translation available.)  
**Synopsis:** Not listed  
**Distributor:** American Heart Association, San Francisco Chapter

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Title: *Diabetes and the Black Community (Hispanic)*  
 Producer: Mark Alyn Communications  
 Publication Year: 1988  
 Description: Video—VHS, Beta; 23 minutes; color  
 Target Audience: Educators  
 Languages: English  
 Synopsis: Distinguishes between NIDDM and IDDM; gives socioeconomic statistics. Panel discusses reasons for the increased prevalence of diabetes compared to country of origin, ways to motivate patient self-care and control, provides an in-depth look at the special problems each community has with diabetes.  
 Distributor: Universal Health Associates

Title: *Diabetes During Pregnancy—How to Keep the Balance*  
 Producer: Navajo Area Dental Media/Materials Committee  
 Publication Year: 1990  
 Description: Slide/tape; 10 minutes (English), 15 minutes (Navajo); 52 color slides  
 Target Audience: Pregnant women with pre-existing or gestational diabetes  
 Languages: English, Navajo  
 Synopsis: Describes the effects of diabetes on pregnancy and of pregnancy on diabetes; provides basic information about blood sugar control. Shows how the traditional Navajo beliefs about balance and harmony can be useful in the control of diabetes during pregnancy.  
 Related Materials: 55-page user's guide  
 Distributor: Indian Health Service Diabetes Program

Title: *Diabetes and Exercise (Ejercicios para Diabeticos)*  
 Producer: Milner-Fenwick, Inc.  
 Publication Year: 1986  
 Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 11:20 minutes  
 Target Audience: Patient  
 Languages: English, Spanish  
 Synopsis: Describes exercise as a key component of treatment in both IDDM and NIDDM. Animation is used to show how exercise affects insulin action. Ways to incorporate appropriate exercise into a daily routine are suggested.  
 Distributor: PATIENTVISION, Milner-Fenwick, Inc.

Title: *Diabetes: Taking Care of Your Skin and Feet*  
 Producer: White Mountain Apache Tribe  
 Publication Year: 1982  
 Description: Slide/tape; 53 slides; 9:00 minutes; color  
 Target Audience: Patient  
 Languages: English  
 Synopsis: Discusses how people with diabetes can be aware of skin problems, and take care of their skin and feet. Signs of infection are covered.  
 Distributor: White Mountain Apache Tribe Health Education Program

Title: *Diabetes: What Is It?*  
 Producer: White Mountain Apache Tribe  
 Publication Year: 1982  
 Description: Slide/tape; 46 slides; 5:00 minutes; color  
 Target Audience: Patient  
 Languages: English  
 Synopsis: Gives introduction to how insulin works in the human body. Discusses what kinds of people are more likely to get diabetes, and its warning signs.  
 Distributor: White Mountain Apache Tribe Health Education Program

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Title: *La Diabetes y Usted (Diabetes and You)*  
 Producer: Medcom, Inc.  
 Publication Year: 1983  
 Description: Slide/tape; 15:00. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
 Target Audience: Patient  
 Languages: Spanish  
 Synopsis: Glucose metabolism is described, IDDM and NIDDM are differentiated, individualized treatment regimens are reviewed, monitoring is included.  
 Related Materials: Instructor's guide  
 Distributor: Medcom, Inc. Customer Services Department

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Title: *Diabetic Retinopathy (La Retinopatía Diabética)*  
 Producer: Milner-Fenwick, Inc.  
 Publication Year: 1984  
 Description: Video-VHS, Beta, 3/4; Super VHG, 8mm on request; 10:00 minutes  
 Target Audience: Patient  
 Languages: English, Spanish  
 Synopsis: Diagnosis and treatment of diabetic retinopathy, including physiology of the eye, effects of microaneurysms, macular edema, proliferative retinopathy. Fluorescein angiography, laser treatment, and vitreous surgery are discussed.  
 Distributor: PATIENTVISION, Milner-Fenwick, Inc.

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Title: *Diabetic's Life*  
 Producer: Biomedical Communications, University of British Columbia  
 Publication Year: 1982  
 Description: Slide/tape; 15:00; program guide. Also available in videocassette format. Part of series, *Happy Living*.  
 Target Audience: Patient  
 Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi  
 Synopsis: A man who has had IDDM for 35 years describes his childhood, personal accomplishments, family life, and professional growth, emphasizing good control of diabetes as a means to lead a normal, full life.  
 Related Materials: Program guide  
 Distributor: Biomedical Communications, University of British Columbia

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Title: *Diet and Diabetes*  
 Producer: Biomedical Communications, University of British Columbia  
 Publication Year: 1982  
 Description: Slide/tape; 9:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.  
 Target Audience: Patient  
 Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi  
 Synopsis: The role of diet in the management of diabetes is outlined. Blood glucose regulation is explained. Carbohydrate (simple and complex), protein, and fat metabolism, using exchange lists for meal planning, and development of an individualized regimen are described.  
 Related Materials: Program guide  
 Distributor: Biomedical Communications, University of British Columbia

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**Title:** *Diet and Exercise for Type I Diabetes*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 24:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The role of diet in stabilizing blood glucose levels and maintaining appropriate weight is described. The exchange system is explained, and tips for cooking, shopping, and eating out are given. Benefits of exercise are summarized, and suggestions for beginning and continuing an exercise program are outlined.  
**Related Materials:** Instructor's guide, patient handouts, performance checklist.  
**Distributor:** Medcom, Inc.

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**Title:** *Diet and Oral Medication for Type II Diabetes*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The role of diet in controlling Type II diabetes and maintaining appropriate weight is described. The exchange system is explained, and tips for cooking, shopping, and eating out are given. Oral hypoglycemic agents are discussed, and their side effects noted.  
**Related Materials:** Instructor's guide, patient handouts, performance checklist.  
**Distributor:** Medcom, Inc.

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**Title:** *Dietary Management for Hypertension: Chinese Style*  
**Producer:** San Francisco Department of Public Health (funded by Asian/Pacific Islander Task Force on High Blood Pressure)  
**Publication Year:** Not listed  
**Description:** 78 slides; 20 minute audiotape  
**Languages:** Mandarin, Cantonese. (English translation available.)  
**Synopsis:** Not listed  
**Distributor:** San Francisco Department of Public Health

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**Title:** *Drink Less Alcohol*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patient  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about alcohol consumption in the diabetic diet and the number of calories in various alcoholic beverages. Includes questions and answers related to the information.  
**Related Materials:** 8-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.

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**Title:** *Eat Less Fat*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patients, especially Native Americans  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less fat. Includes questions and answers related to the information.  
**Related Materials:** 10-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.

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**Title:** *Eat Less Food*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patients, especially Native Americans  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less food. Includes questions and answers related to the information.  
**Related Materials:** 12-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.

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**Title:** *Eat Less Sugar*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patients, especially Native Americans  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less sugar. Includes questions and answers related to the information.  
**Related Materials:** 16-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.

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**Title:** *Embarazo y Diabetes (Diabetes in Pregnancy)*  
**Producer:** Hospital Satellite Network  
**Publication Year:** 1987  
**Description:** Video; 13:00 minutes. Part of series, *Prenatal Care*.  
**Target Audience:** General, patient  
**Languages:** Spanish  
**Synopsis:** This program provides simple, step-by-step instructions for the expectant mother to help her monitor and control her diabetes. The emphasis is on diet and monitoring of insulin and blood pressure.  
**Distributor:** The Altschul Group

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Title:	<i>En Balance y en Control (In Balance–In Control)</i> <ul style="list-style-type: none"> <li>• <i>Understanding Your Diabetes</i></li> <li>• <i>Food Facts of Diabetes</i></li> <li>• <i>Diabetes Medication as Directed</i></li> <li>• <i>When Control Gets Out of Balance</i></li> <li>• <i>Exercise and Diabetes</i></li> <li>• <i>Understanding Gestational Diabetes</i></li> </ul>
Producer:	Boehringer Mannheim Corporation
Publication Year:	1989
Description:	Video; 78:00 minutes. Each of the six modules contains 1 videocassette, 1 professional guide, 10 patient guides
Target Audience:	Patient
Languages:	Spanish (dubbed over English version with bilingual captions)
Synopsis:	Module 1—pancreas, circulatory system, insulin action; Module 2—meal planning; Module 3—symptoms, treatment of high and low blood glucose; Module 4—a woman who takes insulin is not feeling well because of poor planning, stress, postponing a meal; Module 5—exercise programs; and Module 6—gestational diabetes.
Related Materials:	Each module has accompanying professional guide in English.
Distributor:	Boehringer Mannheim Corporation

Title:	<i>Entender la Diabetes...y Vivir una Vida Saludable (Understanding Diabetes...To Live a Healthier Life)</i>
Producer:	The Upjohn Company
Publication Year:	1989
Description:	Film; time not listed
Target Audience:	Patient
Languages:	Spanish
Synopsis:	The pathophysiology of noninsulin-dependent diabetes is described, and its consequences are explained. Treatment with diet and exercise, personal care, oral medications and insulin, blood glucose monitoring, and treatment of hypoglycemia and hyperglycemia are covered. Actor Wilford Brimley, who has NIDDM, is featured.
Distributor:	The Upjohn Company

Title:	<i>Exercise and Energy</i>
Producer:	Swanson Center for Nutrition
Publication Year:	1981
Description:	Slide/tape program; 5-7 minutes
Target Audience:	Patients, especially Native Americans
Languages:	English
Synopsis:	Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Short, simple messages about exercise and energy. Includes questions and answers related to the information.
Related Materials:	10-page booklet, reading level 8, covering same information
Distributor:	Swanson Center for Nutrition, Inc.

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- Title:** *Food Preparation Affects Calories*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patient  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about how food preparation can affect caloric intake. Includes questions and answers related to the information.  
**Related Materials:** 12-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.
- 
- Title:** *Gestational Diabetes*  
**Producer:** Milner-Fenwick, Inc./Joslin Diabetes Center  
**Publication Year:** 1987  
**Description:** Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 12:50 minutes  
**Target Audience:** Patient  
**Languages:** English, Spanish.  
**Synopsis:** Designed to relieve anxiety; increase understanding of medical and self-care requirements of gestational diabetes. Key issues: nutrition, weight gain, exercise, blood glucose monitoring, ketone testing, insulin, delivery.  
**Distributor:** PATIENTVISION, Milner-Fenwick, Inc.
- 
- Title:** *Gestational Diabetes (Diabetes Del Embarazo)*  
**Producer:** University of Texas Health Science Center—Houston  
**Publication Year:** 1990  
**Description:** Video—VHS, Beta; 9 minutes; color  
**Target Audience:** Patients  
**Languages:** English, Spanish  
**Synopsis:** The causes of gestational diabetes and its effects on mother and baby are explained. Monitoring, control techniques, the importance of balanced diet and gradual changes are explained. Common fears and misunderstandings about gestational diabetes are addressed.  
**Distributor:** Universal Health Associates
- 
- Title:** *Get Up and Move!*  
**Producer:** Universal Health Associates  
**Publication Year:** Not listed  
**Description:** Video—VHS, Beta; 10:15 minutes; color  
**Target Audience:** Black Americans  
**Languages:** English  
**Synopsis:** This upbeat program discusses why regular exercise is important for a healthier body, mind and attitude; and to keep weight, blood pressure, and stress under control.  
**Distributor:** Universal Health Associates
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**Title:** *Haciendose Cargo: Enfocando en el Embarazo (Taking Charge: A Focus on Pregnancy and Diabetes)*  
**Producer:** Universal Health Associates  
**Publication Year:** 1989  
**Description:** Video—VHS, Beta, 3/4; 12 minutes (English), 10 minutes (Spanish); color  
**Target Audience:** Women with diabetes  
**Languages:** English; Spanish  
**Synopsis:** Presents facts that a woman must know about pregnancy and diabetes. Gestational diabetes is discussed, as well as insulin treatment, importance of strict control, exercise, meal planning, appropriate weight gain, monitoring and communications with the health care team. Education is emphasized as the best means to motivate compliance and to reduce the risk of complications during pregnancy and at birth.  
**Distributor:** Universal Health Associates

**Title:** *Haciendose Cargo: Viviendo con Diabetes (Taking Charge: Living with Diabetes)*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video—VHS, Beta, 3/4; color  
Eight short programs (8–12 minutes each) on one cassette  
**Languages:** English, Spanish  
**Synopsis:** One introductory program and seven focused programs: meal planning, exercise, insulin, monitoring, Type II, pregnancy, complications.  
**Distributor:** Universal Health Associates

**Title:** *Health Education for Non-Readers*  
**Producer:** Health Promotion Council of Southeastern PA  
**Publication Year:** 1989  
**Description:** Video—VHS, Beta, 3/4; 18 minutes; color  
**Target Audience:** Educators  
**Languages:** English  
**Synopsis:** This program demonstrates how difficult it is for low-literate people to absorb new information, remember instructions and understand their condition. While recognizing the usual time limitations for patient education, the concrete techniques presented can be easily employed to improve the effectiveness of education and instructional delivery. By developing a sensitivity to the obstacles low-literacy presents, health professionals are better prepared to provide effective education and instruction.  
**Distributor:** Universal Health Associates

**Title:** *I Try A Little Harder Now*  
**Producer:** Washington University, St. Louis  
**Publication Year:** 1983  
**Description:** Video—VHS, Beta; 15 minutes; color  
**Target Audience:** General, patient. Shows African-American situations.  
**Languages:** English  
**Synopsis:** An older black woman relates her experience in learning to live with diabetes. She discusses her reluctance to recognize the need for treatment, her lack of motivation, characteristics of her life that served as obstacles for initiating the necessary lifestyle changes, and experiences that led to the beginning of attitude changes and behavioral adjustment.  
**Distributor:** Universal Health Associates

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- Title:** *Importance of Monitoring*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 12:00 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** The importance of keeping blood glucose levels within a recommended range to feel better and delay or prevent potential complications is emphasized. The effects of exercise and insulin on blood glucose, and the effects of high and low blood glucose are discussed. Three methods of testing, and the advantages and disadvantages of urine vs. blood glucose tests are described. Ketone testing is also covered. The importance of recording results and using them to develop an individualized regimen is stressed.  
**Distributor:** Oracle Film and Video
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- Title:** *Insulin*  
**Producer:** Biomedical Communications, University of British Columbia  
**Publication Year:** 1982  
**Description:** Slide/tape; 16:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.  
**Target Audience:** Patient  
**Languages:** Chinese, Greek, Italian, Japanese, Portuguese, Punjabi  
**Synopsis:** Insulin activity in the body is reviewed, and the duration and peak action times of commercial insulins are described. Single and mixed dose insulin injections are demonstrated. Causes, symptoms, and treatment of low blood glucose are described, and the use of glucagon is explained.  
**Related Materials:** Program guide  
**Distributor:** Biomedical Communications, University of British Columbia
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- Title:** *Introduccion: Diabetes Mellitus I (Diabetes Mellitus I: An Introduction)*  
**Producer:** Nimco, Inc.  
**Publication Year:** 1984  
**Description:** Slide/tape; 17:00 minutes. Also available in videocassette and filmstrip.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Symptoms and methods for controlling diabetes, including diet, medication, urine testing, exercise, and personal hygiene are presented. Treatment goals are discussed, emphasizing balance of many factors.  
**Distributor:** Nimco, Inc.
- 
- Title:** *Linking Traditions: A Key to Diabetes for Chinese People*  
**Producer:** Royal Jubilee Hospital Foundation  
**Publication Year:** Not listed  
**Description:** Video; 17:00 minutes.  
**Target Audience:** Patient  
**Languages:** Cantonese, Mandarin, English  
**Synopsis:** Demonstrates diabetes management in the context of Chinese culture and traditions, including diet, exercise, family life, and balance.  
**Distributor:** Royal Jubilee Hospital Foundation
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**Title:** *Mantenimiento en el Hogar: Como Revisar la Glucosa en la Sangre y la Quetona (Home Monitoring: Blood Glucose and Ketones)*

**Producer:** Medcom, Inc.

**Publication Year:** 1983

**Description:** Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.

**Target Audience:** Patient

**Languages:** Spanish

**Synopsis:** The advantages of blood glucose testing in providing immediate and accurate information about blood glucose levels, and the role of monitoring in an overall treatment program are explained. Two methods of testing are demonstrated; accurate recordkeeping is stressed.

**Related Materials:** Instructor's guide, patient handouts, performance checklist.

**Distributor:** Medcom, Inc.

**Title:** *Mantenimiento en el Hogar: Como Revisar la Orina y la Quetona (Home Monitoring: Urine and Ketones)*

**Producer:** Medcom, Inc.

**Publication Year:** 1983

**Description:** Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.

**Target Audience:** Patient

**Languages:** Spanish

**Synopsis:** A rationale for urine glucose testing is presented, renal physiology is reviewed, and various urine testing methods are demonstrated. Factors that may alter readings are described, and the importance of accurate recordkeeping is stressed.

**Related Materials:** Instructor's guide, patient handouts, performance checklist.

**Distributor:** Medcom, Inc.

**Title:** *Maturity Onset Diabetes*

**Producer:** Biomedical Communications, University of British Columbia

**Publication Year:** 1982

**Description:** Slide/tape; 7:00; program guide. Also available in videocassette format. Part of series, *Happy Living*.

**Target Audience:** Patient

**Languages:** Chinese, Greek, Italian, Japanese, Portuguese, Punjabi

**Synopsis:** Causes, symptoms, treatment of noninsulin-dependent diabetes are reviewed; insulin resistance and the effects of obesity are described. A therapeutic regimen is described, including diet, oral hypoglycemic agents, and regular urine testing.

**Related Materials:** Program guide

**Distributor:** Biomedical Communications, University of British Columbia

**Title:** *The Nikkei Diet and High Blood Pressure*

**Producer:** Asian/Pacific Islander Task Force on High Blood Pressure

**Publication Year:** Not listed

**Description:** Not listed

**Languages:** Japanese. (English translation available.)

**Synopsis:** Not listed.

**Distributor:** Health Promotion Section, CDHS

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- Title:** *Overweight: What Can I Do About It? (Sobrepeso: Que Puedo Yo Hacer?)*  
**Producer:** Milner-Fenwick, Inc.  
**Publication Year:** 1979  
**Description:** Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 13:00 minutes  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Losing weight is often an integral part of treatment for people with Type II diabetes. The idea of insulin supply and demand, and how to establish a daily calorie limit are explained. Modifying eating behavior and increasing activity levels are emphasized.  
**Distributor:** PATIENTVISION, Milner-Fenwick, Inc.
- 
- Title:** *Overweight: Who's in Control?*  
**Producer:** Milner-Fenwick, Inc.  
**Publication Year:** 1991  
**Description:** Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 16:00 minutes  
**Target Audience:** Patient  
**Languages:** English. Spanish available by 1/92.  
**Synopsis:** Encouragement and guidelines for the person who has struggled to lose weight. Emphasizes that 'weight control' is lifestyle modification, while 'diet' implies temporary change. Behavior patterns, emotional aspects of eating, pitfalls in maintaining weight control, and exercise are included.  
**Distributor:** PATIENTVISION, Milner-Fenwick, Inc.
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- Title:** *Pregnancy and Diabetes*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video, 10:30 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** The need for a woman who has diabetes to plan for pregnancy is stressed, and gestational diabetes is defined. The diabetes regimen is described, including meal planning, exercise and medication, and adjustments needed during pregnancy are detailed. The importance of blood glucose and urine ketone monitoring is emphasized. Potential risks for both the mother and the baby are described, and preventive measures suggested.  
**Distributor:** Oracle Film and Video
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- Title:** *Programa de Ejercicio para Pacientes de Diabetes Tipo II (Exercise for Type II Diabetes)*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 16:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The role of exercise in promoting the efficient use of insulin in Type II diabetes is described. Guidelines for an exercise program are offered, some exercises are demonstrated. Consulting a physician before beginning is suggested, and the importance of increasing general activity level is stressed.  
**Related Materials:** Instructor's guide, patient handouts, performance checklist.  
**Distributor:** Medcom, Inc.
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**Title:** *Proper Use of Insulin*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 11:00 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** A diabetes regimen, including exercise, meal planning, and medication, is described. Insulin action in the body and glucose metabolism are explained. Balancing insulin with food intake, and the importance of consistency in timing are stressed. Injection technique is demonstrated, including mixed doses. Site choice and rotation are included, and the importance of blood glucose testing is discussed.  
**Distributor:** Oracle Film and Video

**Title:** *Put Away Your Frying Pan*  
**Producer:** Health Promotion Council of Southeastern PA  
**Publication Year:** 1988  
**Description:** Video—VHS, Beta; 10 minutes; color  
**Target Audience:** Black Americans  
**Languages:** English  
**Synopsis:** A dietitian talks with a middle-aged Black woman with high blood pressure and diabetes about the cultural characteristics of the Black American diet, alternative methods of food preparation, reducing sodium, fat, cholesterol.  
**Distributor:** Universal Health Associates

**Title:** *Self-Monitoring of the Blood Glucose*  
**Producer:** Nimco, Inc.  
**Publication Year:** 1982  
**Description:** Slide/tape; 15:00 minutes. Available in videocassette and filmstrip formats.  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Abnormal blood glucose levels, effects of insulin on glucose, methods for keeping levels in the normal range, use of an insulin pump, disadvantages of urine testing and advantages of blood glucose testing are discussed.  
**Distributor:** Nimco, Inc.

**Title:** *Shopping in the Supermarket*  
**Producer:** San Francisco Department of Public Health  
**Publication Year:** Not listed  
**Description:** 79 slides; 15-25 minute audiotape  
**Languages:** Cantonese, Cambodian, Hmong, Vietnamese, Laotian, Mien. (English translation available.)  
**Synopsis:** Not listed.  
**Distributor:** San Francisco Department of Public Health

**Title:** *Skin and Foot Care for the Diabetic (El Cuidado de la Piel y los Pies para el Diabetico)*  
**Producer:** Milner-Fenwick, Inc.  
**Publication Year:** 1982  
**Description:** Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 15:00 minutes  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Reviews the fundamentals of skin and foot care, presents strategies for avoiding injury; discusses problems associated with illness and infection.  
**Distributor:** PATIENTVISION, Milner-Fenwick, Inc.

**Title:** *Su Hijo(a) y la Diabetes (Your Child and Diabetes)*  
**Producer:** Medcom, Inc.  
**Publication Year:** 1983  
**Description:** Slide/tape; 23:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.  
**Target Audience:** Parents of children who have diabetes  
**Languages:** English, Spanish  
**Synopsis:** Meal planning, exercise, insulin, insulin injection, hypo/hyperglycemia, blood glucose monitoring. The need for adjustments with growth, flexibility, constant support within the home, increasing independence and self-control is emphasized.  
**Related Materials:** Instructor's guide  
**Distributor:** Medcom, Inc. Customer Services Department

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**Title:** *Take Care: Understanding Preterm Labor*  
**Producer:** Universal Health Associates  
**Publication Year:** Not listed  
**Description:** Video—VHS, Beta; 8 minutes; color  
**Target Audience:** Pregnant women  
**Languages:** English, Spanish  
**Synopsis:** Describes the signs and feelings of preterm labor; reviews the labor process and risk factors for preterm labor; shows how to determine if preterm labor has started, including timing and measuring contractions. Emphasis on self-assessment and management for a healthy birth and baby.  
**Distributor:** Universal Health Associates

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**Title:** *Value of Diet*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 10:00 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** Meal planning is emphasized as an essential part of diabetes care. Consistency of amount, type, timing of food is stressed. Weight control, different types of meal plans and their effects, the exchange system are described. Consultation with a health care team is suggested.  
**Distributor:** Oracle Film and Video

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**Title:** *Value of Exercise*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 8:00 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** The benefits of exercise and its importance in the diabetes regimen are described. Animation is used to show the effects of exercise on the body, and hypoglycemia symptoms and treatment are explained. Blood glucose testing before and after exercise, and keeping in touch with the health care team are suggested.  
**Distributor:** Oracle Film and Video

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**Title:** *Walking in Balance*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1985  
**Description:** Video—VHS, Beta, 3/4; 25 minutes; color  
**Target Audience:** Educator, patient  
**Languages:** English, French  
**Synopsis:** Addresses diabetes and diabetes education among the Native American population. Several Canadian researchers express their views about the possible cause of the increasing incidence of diabetes among this group. Diabetes educators talk about appropriate teaching methods, and Native Americans with diabetes talk about the problems they experience.  
**Distributor:** Oracle Film and Video

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**Title:** *What Is Diabetes?*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 9:30 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** Typical people from all walks of life are shown coping with diabetes. Their adjustments to their lifestyles are examined. Glucose metabolism is described, and the differences between Type I and Type II diabetes are discussed. The importance of meal planning, exercise, medications, monitoring, and communicating with the health care team are stressed.  
**Distributor:** Oracle Film and Video

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**Title:** *What Is Diabetes?*  
**Producer:** Biomedical Communications, University of British Columbia  
**Publication Year:** 1982  
**Description:** Slide/tape; 6:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.  
**Target Audience:** Patient  
**Languages:** Chinese, Greek, Italian, Japanese, Portuguese, Punjabi  
**Synopsis:** Information about diabetes and its management, and statistics on its incidence are given. Glucose metabolism and insulin production are described, and abnormalities of metabolism in diabetes are explained. Methods of control are discussed, including diet, exercise and medication.  
**Related Materials:** Program guide  
**Distributor:** Biomedical Communications, University of British Columbia

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**Title:** *What Is Diabetes?*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** Slide/tape program; 5-7 minutes  
**Target Audience:** Patient  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages focus on etiology, diagnosis, and control of the disease. Includes questions and answers related to the information.  
**Related Materials:** 14-page booklet, reading level 8, covering same information  
**Distributor:** Swanson Center for Nutrition, Inc.

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**Title:** *What Is Type II Diabetes?*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1987  
**Description:** Video; 9:30 minutes. Part of series, *Taking Charge: Living with Diabetes*  
**Target Audience:** Allied health, general, patient  
**Languages:** English, Spanish  
**Synopsis:** The importance of having blood glucose levels checked regularly for individuals over 40 years of age is stressed. Type II diabetes is defined and symptoms listed. Communication with the health care team to help plan an individualized regimen emphasizing meal planning, exercise, and medication is suggested. Hypoglycemic agents are described. The importance of monitoring is stressed; maintaining good blood glucose regulation as a means of delaying or preventing long-term complications is discussed.  
**Distributor:** Oracle Film and Video

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**Diabetes Educational Resources  
for Minority and Low Literacy Populations**

**Print Materials**

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**Title:** *Alimentación y Diabetes*  
**Producer:** Nutrition Committee  
 American Diabetes Association, Washington Affiliate Inc.  
**Publication Year:** 1980  
**Description:** 12-page booklet  
**Target Audience:** Patients  
**Languages:** Spanish  
**Synopsis:** Basic description of diabetes, and of a simplified diabetes diet.  
**Distributor:** American Diabetes Association, Washington Affiliate Inc.

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**Title:** *Atencion de los Pies (Foot Care)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The importance of daily foot care is stressed, reasons for foot problems (neuropathy, poor circulation) are described, tips for good foot care listed.  
**Distributor:** Available from state affiliates of the ADA. For information:  
 American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Atencion en el Dia que Este Enfermo (Sick Day Care)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Managing diabetes during illness (monitoring, when to call doctor, changes in diet/medication, over-the-counter medicine precautions) is discussed.  
**Distributor:** Available from state affiliates of the ADA. For information:  
 American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Basic Facts About Your Diabetic Diet (Simplified Version)*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1977  
**Description:** Booklet  
**Target Audience:** Patients  
**Languages:** Chinese/English (bilingual)  
**Synopsis:** General guidelines, with foods to avoid, tips for preparation, eating out.  
**Distributor:** Canadian Diabetes Association

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**Title:** *Comer Bien Para Vivir Mejor (Eat Well to Live Better)*  
**Producer:** California Diabetes Control Program  
**Publication Year:** 1985  
**Description:** 12 bilingual illustrated patient modules  
**Target Audience:** Mexican-Americans with Type II diabetes and limited reading skills  
**Languages:** Spanish, English  
**Synopsis:** Menus, food preparation techniques, food guide for a 1300-calorie diet depicting traditional Mexican food patterns. Designed to help achieve calorie-controlled, high-fiber, low-fat diet. Exercise chart included.  
**Related materials:** 70-page professional guide (meal patterns, sample counseling lesson plans)  
**Distributor:** The Upjohn Company

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- Title:** *Comida Hispana en la Dieta Diabetica (Spanish Foods in Diabetic Diets)*  
**Producer:** Visiting Nurse Association of Milwaukee  
**Publication Year:** 1986  
**Description:** 80-page booklet, "Spanish Cookbook"  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Guidelines for meal planning (measurements, portions, sample meal plans, menus, exchange lists, recipes) are provided, emphasizing how persons of Spanish origin can enjoy their cultural foods and stay on their diabetes diet.  
**Distributor:** Visiting Nurse Association of Milwaukee
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- Title:** *Comiendo por su Salud (Eating for Your Health)*  
**Producer:** Toledo Family Health Center  
**Publication Year:** Not listed  
**Description:** 48-page, spiral-bound, illustrated cookbook  
**Target Audience:** Patient  
**Languages:** Spanish, English (bilingual)  
**Synopsis:** Features Mexican and Spanish recipes modified to reduce sugar, fat, and total calories. Includes exchange values, glossary, nutrition information.  
**Distributor:** Toledo Family Health Center
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- Title:** *Como Analizarse la Sangre (How To Test Your Own Blood Sugar)*  
**Producer:** Ames Division, Miles Laboratories, Inc.  
**Publication Year:** 1986  
**Description:** 2-page illustrated guide  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Instructions for testing and recording blood glucose using Glucostix, Autolet, Clinilog. Diet, exercise, checkups, medications, routine testing are stressed.  
**Distributor:** Ames Division, Miles Laboratories, Inc.
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- Title:** *Como Controlar su Diabetes (How To Control Your Diabetes)*  
**Producer:** Eli Lilly and Company, Inc.  
**Publication Year:** 1989  
**Description:** 92-page illustrated booklet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Diet, exercise, insulin (types, injection techniques, mixed doses) oral medications, monitoring and using results, hypo/hyperglycemia, ketoacidosis, complications. Glossary included.  
**Distributor:** Eli Lilly and Company, Inc.
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- Title:** *Como Escoger Alimentos Saludables (Healthy Food Choices)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1988  
**Description:** Poster, 2-sided, color  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** Guidelines for choosing low fat, salt, sugar, high-fiber foods, calculating calories, examples of exchanges (1200-calories), space for meal plan.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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Title: *Como Utilizar el Glucometer II el Medidor de Glucosa en Sangre (How To Use the Glucometer II Blood Glucose Meter)*  
 Producer: Ames Division, Miles Laboratories, Inc.  
 Publication Year: 1986  
 Description: 2-page guide  
 Target Audience: Patient  
 Languages: Spanish  
 Synopsis: Instructions for blood glucose testing using the Glucometer II meter, Glucostix Reagent strips, Autolet, Clinilog.  
 Distributor: Ames Division, Miles Laboratories, Inc.

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Title: *Como Vivir con Diabetes (How To Live With Diabetes)*  
 Producer: Texas Department of Health  
 Publication Year: 1985  
 Description: 70-page illustrated booklet  
 Target Audience: Patient  
 Languages: Spanish  
 Synopsis: Diet, insulin injections, oral medications, exercise, emergency treatment, urine testing, foot care. Detailed explanation of exchange system included.  
 Distributor: Texas Department of Health

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Title: *Companeros en el Control—Ayudas para Seguir su Plan de Diabetes (Companions in Control—Tips to Help You Stay on Your Diabetes Plan)*  
 Producer: Boehringer Mannheim Corporation  
 Publication Year: 1985  
 Description: 20-page booklet  
 Target Audience: Patient  
 Languages: English, Spanish  
 Synopsis: Beginning a diabetes management plan, including setting goals, monitoring, symptoms, risky situations, what to do when mistakes in self-care are made.  
 Distributor: Boehringer Mannheim Corporation

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Title: *Companeros en el Control—Hablemo de Diabetes (Companions in Control—Talking About Diabetes)*  
 Producer: Boehringer Mannheim Corporation  
 Publication Year: 1985  
 Description: 15-page booklet  
 Target Audience: Patient  
 Languages: Spanish  
 Synopsis: What diabetes is, who it affects, symptoms, types of diabetes, high and low blood glucose, how to control with diet, exercise, oral drugs, insulin.  
 Distributor: Boehringer Mannheim Corporation

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Title: *Companeros en el Control—Programa de Comidas (Companions in Control—Meal Planner)*  
 Producer: Boehringer Mannheim Corporation  
 Publication Year: 1987  
 Description: 4-page booklet  
 Target Audience: Patient  
 Languages: Spanish  
 Synopsis: Meal planning, blood glucose monitoring. Slide-out table lists meals and calories. Traditional Mexican foods are categorized in food groups.  
 Distributor: Boehringer Mannheim Corporation

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- Title:** *Complicaciones del Corazon y los Vasos Sanguineos (Heart and Blood Vessel Complications)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Discusses the damage caused by diabetes to the large and small blood vessels. Risks of heart disease in people with diabetes are detailed. Symptoms of blood vessel damage to the heart, legs, eyes and kidneys are described, and guidelines for preventing damage, including blood glucose control, are provided.
- Distributor:** Available from state affiliates of the ADA. For information:  
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones de la Diabetes (Complications of Diabetes)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Complications of diabetes are discussed, including vascular disease (heart disease, stroke), small blood vessel disease (eye, kidney damage), neuropathy (feet, legs, possible amputation). Blood glucose control and regular checkups are stressed as methods of delaying or preventing some complications. Some warning signs for complications are listed.
- Distributor:** Available from state affiliates of the ADA. For information:  
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones: Impotencia (Complications: Impotence)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** The characteristics, causes, treatments, and prevention of impotence in men with diabetes are discussed in detail.
- Distributor:** Available from state affiliates of the ADA. For information:  
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones Nerviosas (Nerve Complications)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** The characteristics, risk factors, symptoms, and hazards associated with neuropathy (nerve damage) in diabetes are discussed in detail. Foot care, blood glucose control, and weight loss are stressed.
- Distributor:** Available from state affiliates of the ADA. For information:  
American Diabetes Association, Inc.; Diabetes Information Service Center
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**Title:** *Complicaciones Renales (Kidney Complications)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** The functions of the kidney, causes, symptoms, and tests used to diagnose kidney damage, treatments, and prevention of kidney failure are discussed.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Complicaciones Visuales (Eye Complications)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Causes, prevalence, and types of diabetic retinopathy and its treatments are discussed. Other eye complications that may occur with diabetes, including macular edema, blurred vision, cataracts, and glaucoma are also described.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Consejos de Cuidado Dental para Diabeticos (Dental Tips for Diabetics)*  
**Producer:** National Institute of Dental Research  
**Publication Year:** 1990  
**Description:** 2-sided information card, reading level 11  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Care of teeth and gums. The difficulties gum infections can cause and the importance of proper mouth care for people with diabetes are stressed.  
**Related Materials:** *Enfermedad periodontal en los diabeticos: Guia para los pacientes* (patients); *Detection and Prevention of Periodontal Disease in Diabetes* (health professionals, English only)  
**Distributor:** National Diabetes Information Clearinghouse

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**Title:** *Cuando Uno Tiene Diabetes (When One Has Diabetes)*  
**Producer:** Squibb-Novo, Inc.  
**Publication Year:** 1989  
**Description:** 25-page guide  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Overview of diabetes care, including diet, exercise, insulin, hypo/hyperglycemia, foot/dental/skin care, urine and blood testing.  
**Distributor:** Squibb-Novo, Inc.

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Title:	<b><i>El Cuidado de sus Pies</i></b>
Producer:	Roerig/Pfizer Pharmaceuticals
Publication Year:	1990
Description:	8-page booklet
Target Audience:	Spanish-speaking people with diabetes
Languages:	Spanish
Synopsis:	Includes information about the importance of foot care, and how to care for the feet. Includes a checklist to keep track of foot care.
Distributor:	Roerig/Pfizer Pharmaceuticals
Title:	<b><i>Daily Food Record</i></b>
Producer:	Patient Education Resource Center
Publication Year:	Not listed
Description:	Photocopiable
Target Audience:	Patient
Languages:	Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis:	Not listed
Distributor:	Patient Education Resource Center
Title:	<b><i>Dealing with Diabetes (Como Combatir la Diabetes)</i></b>
Producer:	National Institute on Aging
Publication Year:	1983
Description:	2-page fact sheet
Target Audience:	Patient
Languages:	Chinese, Spanish
Synopsis:	General overview of diabetes, describes the two major forms. Diagnosis, symptoms, treatment of diabetes in older people is the primary emphasis.
Distributor:	National Institute on Aging Information Center
Title:	<b><i>Diabetes</i></b>
Producer:	National Association for Hispanic Elderly
Publication Year:	1990
Description:	15-page illustrated color brochure, part of a series of health brochures
Target Audience:	Patient
Languages:	English, Spanish
Synopsis:	Tips for weight loss, risk factors for diabetes, exercise, smoking cessation, low sodium diet, limiting alcohol.
Distributor:	Asociacion Nacional Pro Personas Mayores
Title:	<b><i>Diabetes</i></b>
Producer:	Texas Department of Health
Publication Year:	1984
Description:	6-page leaflet
Target Audience:	Patient
Languages:	Spanish
Synopsis:	Provides general information about the symptoms, risk factor, and methods for control of diabetes.
Distributor:	Texas Department of Health
Title:	<b><i>Diabetes Basics</i></b>
Producer:	Patient Education Resource Center
Publication Year:	Not listed
Description:	2-sided photocopiable flyer
Target Audience:	Patient
Languages:	Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis:	Information about diabetes, its symptoms, prevalence, what insulin does.
Distributor:	Patient Education Resource Center

**Title:** *Diabetes...La Buena Higiene (Diabetes...Good Hygiene)*  
**Producer:** Texas Department of Health  
**Publication Year:** 1984  
**Description:** 4-page bilingual brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** The importance of good hygiene for people who have diabetes is emphasized. Guidelines for care of the feet, teeth, and eyes are provided.  
**Distributor:** Texas Department of Health

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**Title:** *Diabetes and Chinese Food*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1978  
**Description:** Booklet  
**Target Audience:** Patients  
**Languages:** Chinese/English (bilingual)  
**Synopsis:** Describes how traditional Chinese food can be incorporated into a diabetes diet. Basic food information is included, along with tips for food preparation, restaurant eating, food during illness, and recipes.  
**Distributor:** Canadian Diabetes Association

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**Title:** *Diabetes Control and the Kosher Diet*  
**Producer:** Wordscope Associates  
**Publication Year:** 1985  
**Description:** 170-page cookbook  
**Target Audience:** People with diabetes who enjoy kosher foods; dietitians who work with them  
**Languages:** English  
**Synopsis:** Recipes for traditional and nontraditional Jewish foods. Exchange values, nutritional information, diabetes and the kosher diet, kosher convenience foods, a list of resources, and a glossary are included. All recipes and nutrition advice conform to the rules of Kashrut.  
**Distributor:** Wordscope Associates

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**Title:** *Diabetes and Diabetes Education Among the Native Population*  
**Producer:** Canadian Diabetes Association  
**Publication Year:** 1985  
**Description:** 28-page booklet  
**Target Audience:** Educators working with Native Americans who have diabetes  
**Languages:** English  
**Synopsis:** A compilation of resources information, including a description of the indirect teaching approach, meal planning and recipes, an annotated bibliography, and a list of primarily Canadian resources. The importance of respect for Native culture and autonomy in education is stressed.  
**Distributor:** Canadian Diabetes Association

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**Title:** *Diabetes Dietary Basics (Meal Planning)*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** 2 photocopiable flyer sheets  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** Six food groups and their portion sizes are defined; basic rules to lower blood sugar are included.  
**Distributor:** Patient Education Resource Center

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- Title:** *La Diabetes...en que Consiste? (Diabetes...What's It All About?)*  
**Producer:** Pfizer Corporation, Puerto Rico  
**Publication Year:** Not listed  
**Description:** 28-page booklet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Explains the causes and symptoms of diabetes, who it affects, how insulin works, aspects and objectives of treatment, and coping with emergencies such as hypoglycemia. A glossary and record form are included.  
**Distributor:** Pfizer Corporation, Puerto Rico
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- Title:** *Diabetes Favors Minorities*  
**Producer:** American Diabetes Association  
**Publication Year:** Not listed  
**Description:** 18" x 24" black and white poster  
**Target Audience:** Patient  
**Languages:** English  
**Synopsis:** A photograph of an Hispanic-American man, a Black woman, and a Native American Indian woman with the theme, 'Diabetes Favors Minorities.' People are urged to find out about diabetes to stop this 'discrimination.'  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Diabetes Gravidica (Gestational Diabetes)*  
**Producer:** Boehringer Mannheim Corporation  
**Publication Year:** 1988  
**Description:** 39-page, illustrated guide, with glossary  
**Target Audience:** Women who develop diabetes during pregnancy  
**Languages:** Spanish  
**Synopsis:** Diagnostic tests, major components of treatment, instructions for diet and blood glucose monitoring, risks to the baby, infant development charting are discussed. The importance of avoiding diabetes later in life is stressed.  
**Distributor:** Boehringer Mannheim Corporation
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- Title:** *Diabetes and Hispanics: A Resource for Providers*  
**Producer:** National Coalition of Hispanic Health and Human Services Organizations  
**Publication Year:** 1989  
**Description:** 34-page booklet  
**Target Audience:** Health care providers  
**Languages:** English  
**Synopsis:** Discusses diabetes in the Hispanic population, including prevalence, morbidity and mortality, risk factors, prevention strategies, describes the CLEF model for providing diabetes care.  
**Distributor:** COSSMHO
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- Title:** *Diabetes Hoy*  
**Producer:** HispaniMed, del Grupo KSF  
**Publication Year:** 1990, 1991  
**Description:** 4-page quarterly newsletter  
**Target Audience:** Spanish-speaking people with diabetes  
**Languages:** Spanish  
**Synopsis:** Articles about topics of interest to people with diabetes.  
**Distributor:** Roerig/Pfizer Pharmaceuticals
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Title:	<b><i>Diabetes InfoLine</i></b>
Producer:	Hoechst-Roussel Pharmaceuticals Inc.
Publication Year:	1991
Description:	Telephone hotline
Target Audience:	Patients with Type II diabetes
Languages:	Spanish
Synopsis:	Information on Type II diabetes.
Distributor:	Hoechst-Roussel Pharmaceuticals Inc.
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Title:	<b><i>Diabetes Means Changing Your Health Habits, Not Your Social Life</i></b>
Producer:	Center for Diabetes Education; Ames Division, Miles Laboratories, Inc.
Publication Year:	1986
Description:	Two-sided, glossy card, designed for duplication.
Target Audience:	Patient
Languages:	English, Chinese, French, German, Italian, Japanese, Korean, Polish, Spanish, Tagalog (Filipino), and Vietnamese.
Synopsis:	What diabetes is, how to control it, activity, blood glucose monitoring, are included. Steps for testing with the Glucostix Reagent Strip are shown.
Distributor:	Ames Division, Miles Laboratories, Inc.
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Title:	<b><i>Diabetes Mellitus: Guía para Manejar su Diabetes (Diabetes Mellitus: Guide for Managing Your Diabetes)</i></b>
Producer:	Sunrise Community Health Center
Publication Year:	1989
Description:	60-page; 10" x 13" illustrated guide; flip-chart format; display stand
Target Audience:	Spanish-speaking patient
Languages:	Spanish
Synopsis:	Self-management skills are emphasized. Topics include: pathophysiology, medications, meal planning with common Hispanic foods, monitoring, exercise, hypo/hyperglycemia, sick days, and long-term complications.
Related Materials:	<i>Guide for Teaching in English</i> , a step-by-step curriculum for a complete diabetes education program.
Distributor:	Sunrise Community Health Center
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Title:	<b><i>Diabetes Risk Test</i></b>
Producer:	Minorities and Underserved Populations Committee American Diabetes Association, Washington Affiliate Inc.
Publication Year:	1990
Description:	1-page handout
Target Audience:	Patients
Languages:	English, Korean, Vietnamese
Synopsis:	Written exam for risk factors of diabetes. Describes myths and facts, lists warning signs, provides number for further information and resources.
Distributor:	American Diabetes Association, Washington Affiliate Inc.
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Title:	<b><i>Diccionario de Diabetes (The Diabetes Dictionary)</i></b>
Producer:	National Diabetes Information Clearinghouse
Publication Year:	1991
Description:	65-page booklet
Target Audience:	Patients
Languages:	Spanish
Synopsis:	Defines terms often used in speaking or writing about diabetes. Provides basic information about diabetes, its long-term effects, and its care. Includes a medical ID card in Spanish and English.
Distributor:	National Diabetes Information Clearinghouse

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- Title:** *La Dieta Diabetica (The Diabetic Diet), 3rd ed.*  
**Producer:** California Dietetic Association  
**Publication Year:** 1989  
**Description:** 34-page bilingual booklet  
**Target Audience:** Patient  
**Languages:** English, Spanish  
**Synopsis:** The concepts involved in a healthy meal plan for people with diabetes are discussed; nutritional and exchange values, calorie levels, and serving sizes for many foods commonly used by Spanish-speaking people are included. Recommended, free, and foods to avoid are indicated. Recipes for Mexican foods are included.  
**Distributor:** California Dietetic Association
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- Title:** *Diets Kit*  
**Producer:** Visiting Nurse Association of Allegheny County  
**Publication Year:** 1987  
**Description:** 5 diet teaching kits; 72 pages in all; permission given to copy  
**Target Audience:** Nonliterate through very literate people with diabetes  
**Languages:** English—5 graduated levels of reading skill  
**Synopsis:** A series of five kits designed for use at different learning levels, ranging from pictures to a full guide to meal planning. Each kit contains meal-planning systems for 1000-, 1200-, 1500-, and 1800-calorie diets. Nutritional guidelines which meet current ADA standards are included.  
**Distributor:** Visiting Nurse Association of Allegheny County
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- Title:** *Drink Less Alcohol*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 8-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about alcohol consumption in the diabetic diet and the number of calories in various alcoholic beverages. Includes questions and answers related to the information.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program
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- Title:** *Eat Less Fat*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 10-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less fat. Includes questions and answers related to the information.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program
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**Title:** *Eat Less Food*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 12-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less food. Includes questions and answers related to the information.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program

**Title:** *Eat Less Sugar*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 16-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less sugar. Includes questions and answers related to the information.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program

**Title:** *El Ejercicio*  
**Producer:** Roerig/Pfizer Pharmaceuticals  
**Publication Year:** 1990  
**Description:** 16-page booklet  
**Target Audience:** Spanish-speaking people with diabetes  
**Languages:** Spanish  
**Synopsis:** Includes information about the benefits of exercise, how to prepare for exercise, warm-up and cool-down exercises, calories expended in certain exercises, and a record sheet.  
**Distributor:** Roerig/Pfizer Pharmaceuticals

**Title:** *Enfermedad Periodontal en los Diabeticos: Guia para los Pacientes (Periodontal Disease and Diabetes: A Guide for Patients)*  
**Producer:** National Institute of Dental Research  
**Publication Year:** 1990  
**Description:** 10-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Guidelines for the prevention of periodontal disease in people with diabetes are presented. How gum disease develops, why people with diabetes are particularly susceptible, and information about treatment are included. Other oral complications associated with diabetes are discussed. Proper care of the teeth and gums is illustrated.  
**Related Materials:** Print for patients: *Consejos de cuidado dental para diabeticos*; Guide for health professionals: *Detection and Prevention of Periodontal Disease in Diabetes* (English only)  
**Distributor:** National Diabetes Information Clearinghouse

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**Title:** *En que Consiste el Analisis de Sangre? (What Is Blood Testing?)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1988  
**Description:** 4-page bilingual brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Blood glucose testing to help keep blood glucose levels as near to normal as possible; techniques for performing the tests with visually read strips and meters, the importance of recording results.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Equilibrar: Alimento, Ejercicio, Medicamentos (Balancing Nutrition, Exercise, and Medications)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1988  
**Description:** 4-page pamphlet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** The importance of balancing diet, exercise, and medication to maintain good control of blood glucose levels is described.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Es Algun Familiar suyo Diabetico? (Is A Relative Diabetic?)*  
**Producer:** Pfizer Corporation, Puerto Rico  
**Publication Year:** Not listed  
**Description:** 1-page flyer  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** The warning symptoms and major risk factors for diabetes are described.  
**Distributor:** Pfizer Corporation, Puerto Rico

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**Title:** *Ethnic and Regional Food Practices: A Series*  
 • *Chinese American Food Practices, Customs, and Holidays*  
**Publication Year:** 1990  
**Description:** 36-page manual, 8-1/2" x 11", 3-hole punched.  
 • *Jewish Food Practices, Customs, and Holidays* (Accompanying client materials listed below.)  
**Publication Year:** 1990  
**Description:** 23-page manual, 8-1/2" x 11", 3-hole punched.  
 • *Navajo Food Practices, Customs, and Holidays*  
**Publication Year:** 1991  
**Description:** 26-page manual, 8-1/2" x 11", 3-hole punched.  
 • *Mexican American Food Practices, Customs, and Holidays*  
**Publication Year:** 1989  
**Description:** 26-page manual, 8-1/2" x 11", 3-hole punched. (Accompanying client materials listed below.)  
**Producer:** American Dietetic Association and American Diabetes Association, Inc.  
**Target Audience:** Professional educators  
**Languages:** English  
**Synopsis:** These manuals expand on the 1986 exchange lists, to include favorite traditional foods and regional specialties, along with important cultural and dietary customs useful when helping clients develop meal plans.  
**Distributor:** American Dietetic Association

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Title:	<b><i>Ethnic and Regional Food Practices: A Series</i></b> • <i>Meal Planning with Mexican American Foods</i>
Publication Year:	1989
Description:	15-page 4" x 9" pamphlet.
Languages:	English • <i>Planificación de comidas con Alimentos mexicanoamericanos</i>
Publication Year:	1990
Description:	15-page 4" x 9" pamphlet.
Languages:	Spanish • <i>Meal Planning with Jewish Foods</i>
Publication Year:	1990
Description:	15-page 4" x 9" pamphlet.
Languages:	English
Producer:	American Dietetic Association and American Diabetes Association, Inc.
Target Audience:	Patients
Synopsis:	The client education pamphlets include favorite traditional foods and regional specialties, recognizing important cultural and dietary customs.
Distributor:	American Dietetic Association
Title:	<b><i>Examen de Orina para Quetonas (Urine Testing for Ketones)</i></b>
Producer:	American Diabetes Association
Publication Year:	1989
Description:	4-page brochure
Target Audience:	Patient
Languages:	Spanish, English
Synopsis:	The importance of urine ketone testing, and the causes and symptoms of elevated ketones are described. Testing procedures are detailed.
Distributor:	Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
Title:	<b><i>Exchange List for Meal Planning for Diabetic Patients</i></b>
Producer:	Arab-American and Chaldean Communities Social Services Council, Inc.
Publication Year:	1989
Description:	14 (8-1/2" x 11") pages
Target Audience:	Patient
Languages:	Arabic
Synopsis:	Translation of English material. Very little information specific to the Arabic diet.
Distributor:	Arab-American and Chaldean Communities Social Services Council, Inc.
Title:	<b><i>Exercise and Energy</i></b>
Producer:	Swanson Center for Nutrition
Publication Year:	1981
Description:	10-page booklet, reading level 8
Target Audience:	Patients, particularly American Indians and Alaskan Natives
Languages:	English
Synopsis:	Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about exercise and energy, includes questions and answers related to the information.
Related Materials:	Slide/tape program covering same information
Distributor:	Indian Health Service Diabetes Program

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- Title:** *Extraccion e Inyeccion de la Insulina (Withdrawal and Injection of Insulin)*
- Producer:** Becton Dickinson Consumer Products
- Publication Year:** 1982
- Description:** 10-page pamphlet with color photographs
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Insulin injection techniques are illustrated with Spanish captions.
- Distributor:** Becton Dickinson and Company
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- Title:** *Facts on Diabetes*
- Producer:** Multicultural Health Coalition
- Publication Year:** 1985
- Description:** 6-page pamphlet, reading level 10
- Target Audience:** Educator, patient
- Languages:** Chinese, English, Finnish, French, Greek, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Ukranian, Vietnamese
- Synopsis:** Basic information about diabetes, including its treatment, symptoms, how it develops, and the risk factors that can increase a person's chances for developing diabetes. The components of a treatment plan, the importance of diabetes education, and examples of foods from the six major food groups are included.
- Distributor:** MHC/CSM
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- Title:** *Family Food Choices: A Guide to Weight and Diabetes Control*
- Producer:** Indian Health Service Diabetes Program
- Publication Year:** 1989
- Description:** 17-page illustrated booklet
- Target Audience:** American Indians and Alaskan Natives with diabetes
- Languages:** English
- Synopsis:** Designed to help person make appropriate choices for weight control. It includes tips on weight loss, fats, fiber, sugar, and alcohol. Fat and fiber charts give calorie and exchange listings based on the 1986 exchange lists. Food choices use dishes from the Native American diet.
- Distributor:** Indian Health Service Diabetes Program
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- Title:** *Flex and Stretch—Exercise Program for Type II Diabetics (Estiramientos y Flexiones—Programa de Ejercicios para el Diabetico del Tipo II)*
- Producer:** Hoechst-Roussel Pharmaceuticals Inc.
- Publication Year:** Not listed
- Description:** 5-panel brochure
- Target Audience:** Patient
- Languages:** Spanish
- Synopsis:** An exercise program, including warmup, aerobic activity, and cooldown is outlined; several exercises are illustrated; how to chart progress is explained.
- Distributor:** Hoechst-Roussel Pharmaceuticals Inc.
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**Title:** *Food and Diabetes*  
**Producer:** American Diabetes Association, Washington Affiliate Inc.  
**Publication Year:** 1986  
**Description:** 16-page illustrated booklet, reading level 9  
**Target Audience:** Patients  
**Languages:** Pilipino (Tagalog), Chinese with English translation, Spanish, Vietnamese.  
**Synopsis:** Basic dietary guidelines. Foods are divided into three major groups (carbohydrates, proteins, fats); common Filipino, Chinese, or Spanish foods are listed for each group. Sample meal plans, recommended serving sizes, foods to avoid are included. Ways to counteract insulin reactions and general information about diabetes management are reviewed.  
**Distributor:** American Diabetes Association, Washington Affiliate Inc.

**Title:** *Food Preparation Affects Calories*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 12-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about how food preparation can affect caloric intake. Includes questions and answers related to the information.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program

**Title:** *Foot Care for the Diabetic*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** 2-page photocopiable fact sheet  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** The importance of good foot care is stressed. Fourteen rules for foot care, and an illustrated page of foot care tips are presented.  
**Distributor:** Patient Education Resource Center

**Title:** *La Gordura No Dura (The Fat Person Does Not Last)*  
**Producer:** Ana Consuela Matiella  
**Publication Year:** Not listed  
**Description:** 17-page novela in comic book format  
**Target Audience:** Person with Type II diabetes and his/her family  
**Languages:** Spanish  
**Synopsis:** The story of an overweight Hispanic man, and the efforts of his family to help him develop good eating and exercise habits to control his diabetes.  
**Distributor:** Ana C. Matiella, Hispanic Marketing Consultants

**Title:** *Hiperlipemia-Altos niveles de grasa en la sangre (Hyperlipidemia)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Causes and risks of high blood fats; guidelines for reducing cholesterol, saturated fat, total fat; exercise, other lifestyle measures to reduce risks.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Hipertension—Alta Tension Arterial (Hypertension—High Blood Pressure)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Prevalence, risks, treatment of high blood pressure in people with diabetes, including how blood pressure is measured, treatment with dietary and lifestyle changes, and medications to reduce blood pressure.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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**Title:** *Indian Place Mats*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** Not listed  
**Description:** 7 blue and white placemats; 9-3/4 in. x 16-1/4 in.  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Native American scenes convey messages about diabetes, diet, exercise.  
**Distributor:** Indian Health Service Diabetes Program

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**Title:** *Informacion para Mujeres con Diabetes (Information for Women with Diabetes)*  
**Producer:** Diabetes and Pregnancy Project, Diabetes Control Program  
**Publication Year:** Not listed  
**Description:** 4" x 9" 2-sided card  
**Target Audience:** Women with diabetes  
**Languages:** English, Spanish  
**Synopsis:** Emphasizes the importance of good blood sugar control before pregnancy, suggests how to plan for pregnancy, provides number for more information.  
**Distributor:** Diabetes Control Program, State of Washington

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**Title:** *Injecting Insulin*  
**Producer:** Patient Education Resource Center (based on materials by Eli Lilly Co.)  
**Publication Year:** Not listed  
**Description:** 3-page illustrated photocopiable fact sheet, two body maps  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** Instructions for injecting insulin and plotting injection sites.  
**Distributor:** Patient Education Resource Center

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**Title:** *Instrucciones Para El Uso de Su Monitor de Glucosa en la Sangre Tracer IIMR (How to Use Your Tracer TMII Blood Glucose Monitor)*  
**Producer:** Boehringer Mannheim Corporation  
**Publication Year:** 1988  
**Description:** 19-page illustrated manual  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Directions for coding strips, testing, storing results in the meter's memory, using control solution, tips for meter use are provided. Self-test is included.  
**Related Materials:** Spanish-language instructions for Chemstrip bG Test Strips, ChemstripR MatchMaker TM Visual Reader, Accu-ChekR II meter.  
**Distributor:** Boehringer Mannheim Corporation

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**Title:** *Insulin Injections for Children with Diabetes*  
**Producer:** ARAMCO Medical Organization  
**Publication Year:** Not listed  
**Description:** 14-page booklet, with illustrations  
**Target Audience:** Patient  
**Languages:** Arabic  
**Synopsis:** Insulin injection, symptoms and treatment of hyper/hypoglycemia.  
**Distributor:** Division of Health Education, ARAMCO Medical Organization

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**Title:** *Insulin Injections for Diabetes*  
**Producer:** ARAMCO Medical Organization  
**Publication Year:** Not listed  
**Description:** 14-page booklet, with illustrations  
**Target Audience:** Patient  
**Languages:** Arabic  
**Synopsis:** Insulin injection, symptoms and treatment of hyper/hypoglycemia.  
**Distributor:** Division of Health Education, ARAMCO Medical Organization

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**Title:** *Learning About Diabetes*  
**Producer:** Henry Ford Hospital  
**Publication Year:** 1979  
**Description:** 32 (8-1/2" x 11") pages  
**Target Audience:** Patient  
**Languages:** Arabic  
**Synopsis:** Translated from English booklet. Includes symptoms of diabetes, self-care, diet, exercise, high and low blood sugar, urine testing, preparing and administering insulin, and foot care.  
**Distributor:** Henry Ford Hospital

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**Title:** *Lo que Todos Deberia Saber Sobre la Diabetes (What Everyone Should Know About Diabetes)*  
**Producer:** Channing L. Bete Company, Inc.  
**Publication Year:** 1987  
**Description:** 15-page booklet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Question/answer format is used to describe how diabetes develops, who gets it, its symptoms, diagnosis, treatment. Insulin administration, long-term complications, psychological effects are described. Other concerns are addressed, including work, insurance, families, travel, and so on.  
**Distributor:** Channing L. Bete Company, Inc.

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**Title:** *Leg Exercises for Neuropathy*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** Photocopiable  
**Target Audience:** Patient  
**Languages:** English  
**Synopsis:** Not listed  
**Distributor:** Patient Education Resource Center

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- Title:** *Low Blood Sugar*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** 4-page photocopiable flyer  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** Causes of low blood glucose and its treatments are explained. Instructions for the patient, family members and friends are provided.  
**Distributor:** Patient Education Resource Center
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- Title:** *Un Mensaje para Personas que Tienen Diabetes y Presion Alta de Sangre (Special Message for Persons Who Have Diabetes and High Blood Pressure)*  
**Producer:** Washington State Department of Social and Health Services  
**Publication Year:** 1985  
**Description:** Pamphlet  
**Target Audience:** Mexican person with diabetes and high blood pressure  
**Languages:** Spanish  
**Synopsis:** How to lower risk for high blood pressure, recommendations for taking active role in monitoring and controlling high blood pressure .  
**Distributor:** Department of Health; State of Washington
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- Title:** *Menu Para la Dieta de 1,200 (1,500; 1,800) Calorias* (alta en carbohidratos y en fibra). *Menu for the 1,200 (1,500; 1,800) Calorie Diets* (high in carbohydrates and in fiber)  
**Producer:** Departamento de Salud, Puerto Rico  
**Publication Year:** Not listed  
**Description:** Meal plans, may be photocopied  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Meal plans with sample daily menus for specified calorie-level diets, featuring Puerto Rican foods; emphasizes fiber, dietary sources of fiber.  
**Distributor:** Programa Estatal de Diabetes
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- Title:** *Mezclando Insulinas (Mixing Insulins)*  
**Producer:** Becton Dickinson Consumer Products  
**Publication Year:** 1985  
**Description:** 8-page pamphlet with color photographs  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** How to mix different insulins in the same syringe is illustrated with color photographs with Spanish captions.  
**Distributor:** Becton Dickinson and Company
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- Title:** *Micronase...Una Medicacion para Ayudar en el Tratamiento de su Diabetes (Micronase...A Medication Used to Help with your Diabetes Treatment)*  
**Producer:** The Upjohn Company  
**Publication Year:** 1985  
**Description:** 23-page illustrated guidebook  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** An overview of diabetes: the importance of exercise, taking medications as prescribed, foot and dental care, treatment of low blood sugar, urine glucose testing, medical tests, diabetes during pregnancy. Medical ID card, order forms for ID jewelry, test record forms are included.  
**Distributor:** The Upjohn Company
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**Title:** *Oral Diabetic Medications*  
**Producer:** SRx: Medication Education for Seniors  
**Publication Year:** 1985  
**Description:** 1-page fact sheet  
**Target Audience:** Patient  
**Languages:** Chinese, English, Spanish, Vietnamese  
**Synopsis:** Describes the purpose of oral hypoglycemic drugs, how they work, how to take them, possible side effects. Other diabetes management hints are given.  
**Distributor:** SRx Regional Program

**Title:** *Oral Medication for Diabetes*  
**Producer:** ARAMCO Medical Organization  
**Publication Year:** 1982  
**Description:** 6-page booklet, with illustrations  
**Target Audience:** Patient  
**Languages:** Arabic  
**Synopsis:** Describes oral medications, symptoms/treatment of hyper/hypoglycemia.  
**Distributor:** Division of Health Education, ARAMCO Medical Organization

**Title:** *Padece de Diabetes? (Do You Suffer From Diabetes?)*  
**Producer:** The Upjohn Company  
**Publication Year:** 1989  
**Description:** 6-page brochure  
**Target Audience:** Persons at risk for diabetes  
**Languages:** Spanish  
**Synopsis:** Question/answer format, describes diabetes, the number of people who have it, the signs and symptoms, risk factors for developing it. Encourages people to see their doctor if they have any of the warning signs.  
**Distributor:** The Upjohn Company

**Title:** *Plains Indian Diet Handbook*  
**Producer:** Swanson Center for Nutrition, Inc.  
**Publication Year:** 1985  
**Description:** 21-page illustrated booklet, reading level 9  
**Target Audience:** Plains Indians with diabetes  
**Languages:** English  
**Synopsis:** Explains the different food groups, lists caloric content of various foods within each group, discusses foods that can be consumed in small quantities and foods that should be avoided.  
**Distributor:** Indian Health Service Diabetes Program

**Title:** *Que es la Diabetes Dependiente de la Insulina? (What Is Insulin-Dependent Diabetes?)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** The prevalence, symptoms, physiology of insulin-dependent diabetes are discussed. Guidelines for care, including insulin administration, meal planning, exercise, blood and urine testing are provided. Hypoglycemia, hyperglycemia, ketoacidosis are described.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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- Title:** *Que es la Diabetes No Dependiente de la Insulina? (What Is Noninsulin-Dependent Diabetes?)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** The prevalence, symptoms, physiology of noninsulin-dependent diabetes are discussed. Guidelines for care, including living with diabetes, meal planning, exercise, weight control, regular checkups, avoidance of smoking, are provided.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Que es la Hiperglicemia? (What Is Hyperglycemia?)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1988  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Causes, symptoms, detection, treatment of high blood glucose; importance of blood glucose monitoring; precautions about exercise and ketones in urine.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Que es la Hipoglicemia? (What Is Hypoglycemia?)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1988  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Causes, symptoms, detection, treatment of low blood glucose; importance of blood glucose monitoring, early treatment of symptoms; use of glucagon.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Quetoacidosis (Ketoacidosis)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Warning signs, causes, symptoms, treatment of ketoacidosis in insulin-dependent diabetes—the importance of medical attention is stressed.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Las Recetas Favoritas de Ed Kranepool para el Control de la Diabetes*  
**Producer:** Roerig/Pfizer Pharmaceuticals  
**Publication Year:** 1989  
**Description:** 16-page booklet, introduction by Ed Kranepool  
**Target Audience:** Spanish-speaking people with diabetes  
**Languages:** Spanish  
**Synopsis:** Seven recipes, with nutrition information and exchange values for each.  
**Distributor:** Roerig/Pfizer Pharmaceuticals
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**Title:** *Recetas para Diabeticos (Recipes for Diabetics)*  
**Producer:** Texas Department of Agriculture  
**Publication Year:** 1985  
**Description:** 29-page cookbook (based on 1976 exchange lists)  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Recipes for Hispanic foods, including exchange information based on the 1976 exchange lists.  
**Distributor:** Texas Department of Health

**Title:** *Retinopatia Diabetica (Diabetic Retinopathy)*  
**Producer:** American Academy of Ophthalmology  
**Publication Year:** 1988  
**Description:** 8-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Causes, symptoms, detection, diagnosis, and treatment (photocoagulation, vitrectomy) of background and proliferative retinopathy are explained. Early detection and treatment by an ophthalmologist are stressed.  
**Distributor:** American Academy of Ophthalmology

**Title:** *Seleccion del Punto y Rotacion (Site Selection and Rotation)*  
**Producer:** Becton Dickinson Consumer Products  
**Publication Year:** 1982  
**Description:** 10-page brochure. Part of series, *Getting Started*.  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Insulin injection site rotation is shown on a 'body map' that can be used to record injections. Site spacing selector gauge is included.  
**Distributor:** Becton Dickinson Consumer Products

**Title:** *Sick Day Care*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** 1-page photocopiable fact sheet  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** Guidelines for self-care during illness are given, including diet adjustments, testing recommendations, and advice about when to call the doctor.  
**Distributor:** Patient Education Resource Center

**Title:** *Si Usted Obtiene 'C' en Esta Prueba, Cuidado! (If You Get a 'C' On This Test, Beware!)*  
**Producer:** Pfizer Corporation, Puerto Rico  
**Publication Year:** Not listed  
**Description:** 1-page fact-sheet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Four questions aimed at determining a person's risks of developing diabetes are posed. What diabetes is, how it is diagnosed and treated, and the importance of following a regimen are stressed.  
**Distributor:** Pfizer Corporation, Puerto Rico

- 
- Title:** *Sobre la Diabetes (About Diabetes)*  
**Producer:** Channing L. Bete Company, Inc.  
**Publication Year:** Not listed  
**Description:** Booklet  
**Target Audience:** Patient  
**Languages:** Spanish, English, large-print  
**Synopsis:** Defines Type I and Type II diabetes, lists symptoms, stresses the importance of early diagnosis. Treatment methods are explained.  
**Distributor:** Channing L. Bete Company, Inc.
- 
- Title:** *El Stress y la Diabetes (Stress and Diabetes)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** How stress, emotions, and illness can disrupt diabetes control is discussed, causes of stress are described, and measures to reduce stress are outlined.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
- 
- Title:** *Supplement to Exchange Lists for Meal Planning: Black American Cookery*  
**Producer:** American Diabetes Association, Washington DC Area Affiliate  
**Publication Year:** 1987  
**Description:** 22-page booklet  
**Target Audience:** Educator  
**Languages:** English  
**Synopsis:** Meal planning information (1986 food exchange values) using typical foods preferred by many Black Americans. Directions for calculating recipe exchange values; free foods; sodium content of commonly used foods; dietary guidelines for professional staff, glossary of terms.  
**Distributor:** American Diabetes Association, Washington DC Area Affiliate
- 
- Title:** *Tratamiento de las Reacciones a la Insulina (Treating Insulin Reactions)*  
**Producer:** American Diabetes Association  
**Publication Year:** 1989  
**Description:** 4-page brochure  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Symptoms, treatment of insulin reactions; guidelines for treating mild and severe reactions, including kinds and amounts of food; use of glucagon; when and how to seek emergency assistance.  
**Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
- 
- Title:** *Travel Tips for Diabetics*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** 2-page photocopiable fact sheet  
**Target Audience:** Patient  
**Languages:** Spanish, English  
**Synopsis:** Tips on transporting insulin and other diabetes equipment, eating on different schedules, obtaining medical assistance while away from home.  
**Distributor:** Patient Education Resource Center
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**Title:** *Urine Ketone Test*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** Brochure, photocopiable  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** The importance of urine ketone testing, and the causes and symptoms of elevated ketones are described. Testing procedures are detailed.  
**Distributor:** Patient Education Resource Center

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**Title:** *Urine Test Record*  
**Producer:** Patient Education Resource Center  
**Publication Year:** Not listed  
**Description:** Photocopiable sheet  
**Target Audience:** Patient  
**Languages:** Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese  
**Synopsis:** Not listed  
**Distributor:** Patient Education Resource Center

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**Title:** *Usted: El Ingrediente Mas Importante de Exito Evando se Vive con Diabetes (You: The Most Important Ingredient for Success in Living with Diabetes)*  
**Producer:** Roerig/Pfizer Pharmaceuticals  
**Publication Year:** 1986  
**Description:** 18-page booklet  
**Target Audience:** Spanish-speaking people with newly diagnosed Type II diabetes  
**Languages:** Spanish, English  
**Synopsis:** Getting started on treatment, prescribed drugs, testing, how to handle emergencies, diet, exercise, and personal care. A test record is provided.  
**Distributor:** Roerig/Pfizer Pharmaceuticals

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**Title:** *Usted y la Diabetes (You and Your Diabetes)*  
**Producer:** The Upjohn Company  
**Publication Year:** 1985  
**Description:** 26-page booklet with record form, medical emergency card  
**Target Audience:** Person with noninsulin-dependent diabetes  
**Languages:** Spanish  
**Synopsis:** Symptoms, risk factors, treatment (diet, exercise, medications) care of teeth/wounds/feet, urine testing, hypo/hyperglycemia, and communicating with health care team are discussed.  
**Distributor:** The Upjohn Company

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**Title:** *Vivir con la Diabetes (Living with Diabetes)*  
**Producer:** Channing L. Bete Company, Inc  
**Publication Year:** 1987  
**Description:** 15-page booklet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Diet, attitude, insulin, exercise, sterilization of needles, site rotation, extra supplies, urine/blood testing, complications, foot care, sick days, and the importance of regular medical care are described.  
**Distributor:** Channing L. Bete Company, Inc.

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**Title:** *What Is Diabetes?*  
**Producer:** Swanson Center for Nutrition  
**Publication Year:** 1981  
**Description:** 14-page booklet, reading level 8  
**Target Audience:** Patients, particularly American Indians and Alaskan Natives  
**Languages:** English  
**Synopsis:** Part of a series about noninsulin-dependent diabetes and diet. Simple messages focus on etiology, diagnosis, control of the disease.  
**Related Materials:** Slide/tape program covering same information  
**Distributor:** Indian Health Service Diabetes Program

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**Title:** *Your Pocket Guide to Diabetes Care at the Doctor's Office*  
**Producer:** Washington State Diabetes Control Program  
**Publication Year:** Not listed  
**Description:** 8-page 4" x 6" booklet  
**Target Audience:** Patients  
**Languages:** English  
**Synopsis:** Simple information about diabetes office care, including five pages of checklists for various items that should be done at every doctor's visit, and things that should be done once a year.  
**Distributor:** Diabetes Control Program

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**Title:** *1,200 Calorias (1,200 Calories)*  
**Producer:** Eli Lilly and Company, Inc.  
**Publication Year:** 1988  
**Description:** 2-page illustrated fact sheet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** Daily 1200-calorie exchange system meal plan. Extensive lists of foods, portion sizes, 'free foods,' space for individual meal plan are provided.  
**Distributor:** Eli Lilly and Company, Inc.

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**Title:** *100,000 Tienen Diabetes y No lo Saben (100,000 Have Diabetes and Don't Know It)*  
**Producer:** Pfizer Corporation, Puerto Rico  
**Publication Year:** Not listed  
**Description:** 1-page fact sheet  
**Target Audience:** Patient  
**Languages:** Spanish  
**Synopsis:** What diabetes is, its symptoms, warning signs, and treatment are discussed. The importance of medical care, and the patient's role in self-care and monitoring are stressed.  
**Distributor:** Pfizer Corporation, Puerto Rico

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**Diabetes Educational Resources  
for Minority and Low Literacy Populations**

**Distributors**

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120 Montgomery Street, Suite 120  
San Francisco, CA 94104  
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Health Promotion Section, CDHS  
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Indian Health Service Diabetes Program  
2401 Twelfth Street, NW  
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Medcom, Inc.  
Customer Services Department  
12601 Industry Street  
Garden Grove, CA 92641  
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Nimco, Inc.  
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Calhoun, KY 42327  
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Oracle Film and Video  
1820 14th Street, Suite 202  
Santa Monica, CA 90404  
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PATIENTVISION, Milner-Fenwick, Inc.  
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Timonium, MD 21093  
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Universal Health Associates  
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704-542-1403

White Mountain Apache Tribe Health Education Program  
P.O. Box 1210  
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American Academy of Ophthalmology  
P.O. Box 7424  
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American Diabetes Association, Inc.  
Diabetes Information Service Center  
1660 Duke Street  
Alexandria, VA 22314  
800-232-3472

American Diabetes Association, Washington Affiliate Inc.  
557 Roy Street Lower Level  
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206-282-4616  
800-628-8808 (Washington only)

American Dietetic Association  
216 West Jackson Blvd., Suite 800  
Chicago, IL 60606-6995  
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Elkhart, IN 46515  
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Channing L. Bete Company, Inc.  
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Department of Health; State of Washington  
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Olympia, WA 98504  
206-586-6091

Diabetes Control Program  
Department of Health, LK-13  
State of Washington  
Olympia, WA 98504  
206-586-6091

Division of Health Education  
Preventive Medicine Services Department  
ARAMCO Medical Organization  
Dharhan, Saudi Arabia

Eli Lilly and Company, Inc.  
Indianapolis, IN 46285  
317-276-2000

Henry Ford Hospital  
2799 West Grand Blvd.  
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Hoechst-Roussel Pharmaceuticals Inc.  
Route 202-206, P.O. Box 2500  
Somerville, NJ 08876-1258  
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2401 Twelfth Street, NW; Room 211N  
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Box NDIC  
9000 Rockville Pike  
Bethesda, MD 20892  
301-468-2162

National Institute on Aging Information Center  
P.O. Box 8057  
Gaithersburg, MD 20898-8057

Patient Education Resource Center  
San Francisco General Hospital, 4C35  
1001 Potrero Avenue  
San Francisco, CA 94110  
415-821-5400

Pfizer Corporation  
P.O. Box 1859  
Carolina, PR 00628-1859

Programa Estatal de Diabetes  
Edificio E  
Secretaria Auxiliar Medicina Preventive y Salud Familiar  
Departamento de Salud  
Rio Piedras, PR 00936

Roerig/Pfizer Pharmaceuticals  
235 East 42nd Street  
New York, NY 10017  
212-573-2323

Squibb-Novo, Inc.  
211 Carnegie Center  
Princeton, NJ 08540  
800-727-6500

SRx Regional Program  
San Francisco Department of Public Health  
1182 Market Street, Suite 204  
San Francisco, CA 94102  
415-558-3767

Sunrise Community Health Center  
P.O. Box 1870; 1028 Fifth Avenue  
Greeley, CO 80632

Swanson Center for Nutrition, Inc.  
Swanson Center Building  
502 South 44th Street, Room 3007  
Omaha, NE 68105  
402-559-5500

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Texas Department of Health  
1100 West 49th Street  
Austin, TX 78756-3199  
512-458-7111

Toledo Family Health Center  
One Unique Center Road  
Toledo, OH 43609-2741  
419-241-6106

The Upjohn Company  
7000 Portage Road  
Kalamazoo, MI 49001-0199  
616-323-4000

Visiting Nurse Association of Allegheny County  
Suite 201, Seven Parkway Center  
Pittsburgh, PA 15220  
412-928-1500

Visiting Nurse Association of Milwaukee  
11333 West National Avenue  
West Allis, WI 53227  
414-327-2295

Wordscope Associates  
P.O. Box 1594  
Skokie, IL 60076

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**Diabetes Educational Resources  
for Minority and Low Literacy Populations**

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**Diabetes Educational Resources  
for Minority and Low Literacy Populations**

**Other Resources**

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The National Diabetes Information Clearinghouse has access to information about many diabetes resources. Among the valuable publications available from the NDIC:

Title: ***Diabetes-Related Programs for Black Americans***  
Producer: National Diabetes Information Clearinghouse, National Institutes of Diabetes and Digestive and Kidney Diseases, NIH  
Publication Year: 1990  
Description: 64-page booklet  
Target Audience: Health professionals  
Languages: English  
Synopsis: Describes health programs that are directed to Black Americans or that include blacks in their client populations. Programs listed specifically address diabetes or its complications among the health services offered. Includes a reading list and information about organizations that offer health services to blacks.

The Clearinghouse also offers updated literature searches, including:

- ***Foreign-Language Materials: 1985–1990***
- ***Diabetes in Minority Populations: May 1991***
- ***Diabetes Printed Educational Materials for People with Limited Reading Skills: June 1991***

For further information about topics of interest to you, please contact:

Beatrice Jakubowski  
National Diabetes Information Clearinghouse  
Box NDIC  
9000 Rickville Pike  
Bethesda, Maryland 20892

Other national sources of information are:

Office of Minority Health  
Rockwall II Building, Suite 1102  
5515 Security Lane  
Rickville, Maryland 20852

Office of Minority Health Resources  
P.O. Box 37337  
Washington, DC 20013-7337

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If you know of print or media materials for minority and/or low literacy populations that are not listed in this guide, please fill out the following information about the resource, and return to:

Patricia Barr  
Biomedical Communications  
1327 Jones Drive, Suite 104  
Ann Arbor, MI 48105

Title: \_\_\_\_\_

Producer: \_\_\_\_\_

Publication Year: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Target Audience: \_\_\_\_\_

Languages: \_\_\_\_\_

Synopsis: \_\_\_\_\_

\_\_\_\_\_

Related Materials: \_\_\_\_\_

Distributor (please include address and phone, if possible): \_\_\_\_\_

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If you have any comments or recommendations about print or media materials listed in this book, please write them here, and return to the address above.

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